Fitness Testing Tracking Form:

Activity Term 1 Term 2 Term 3

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| **12 minute run** (Endurance) |  |  |  |
| **Standing Long Jump**(Explosive Power) |  |  |  |
| **Sit Ups**(Endurance) |  |  |  |
| **Shuttle Run**(Quickness) |  |  |  |
| **Sit and Reach**(Flexibility) |  |  |  |
| **Plank**(Core Strength) |  |  |  |
| **Step Ups**(Endurance) |  |  |  |

**Term 1:** What can I do to improve my results? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Term 2:** What are my goals for each of the activities and how can I accomplish them? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Term 3:** Was I able to accomplish each of my goals? Which of my fitness results am I most proud of?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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